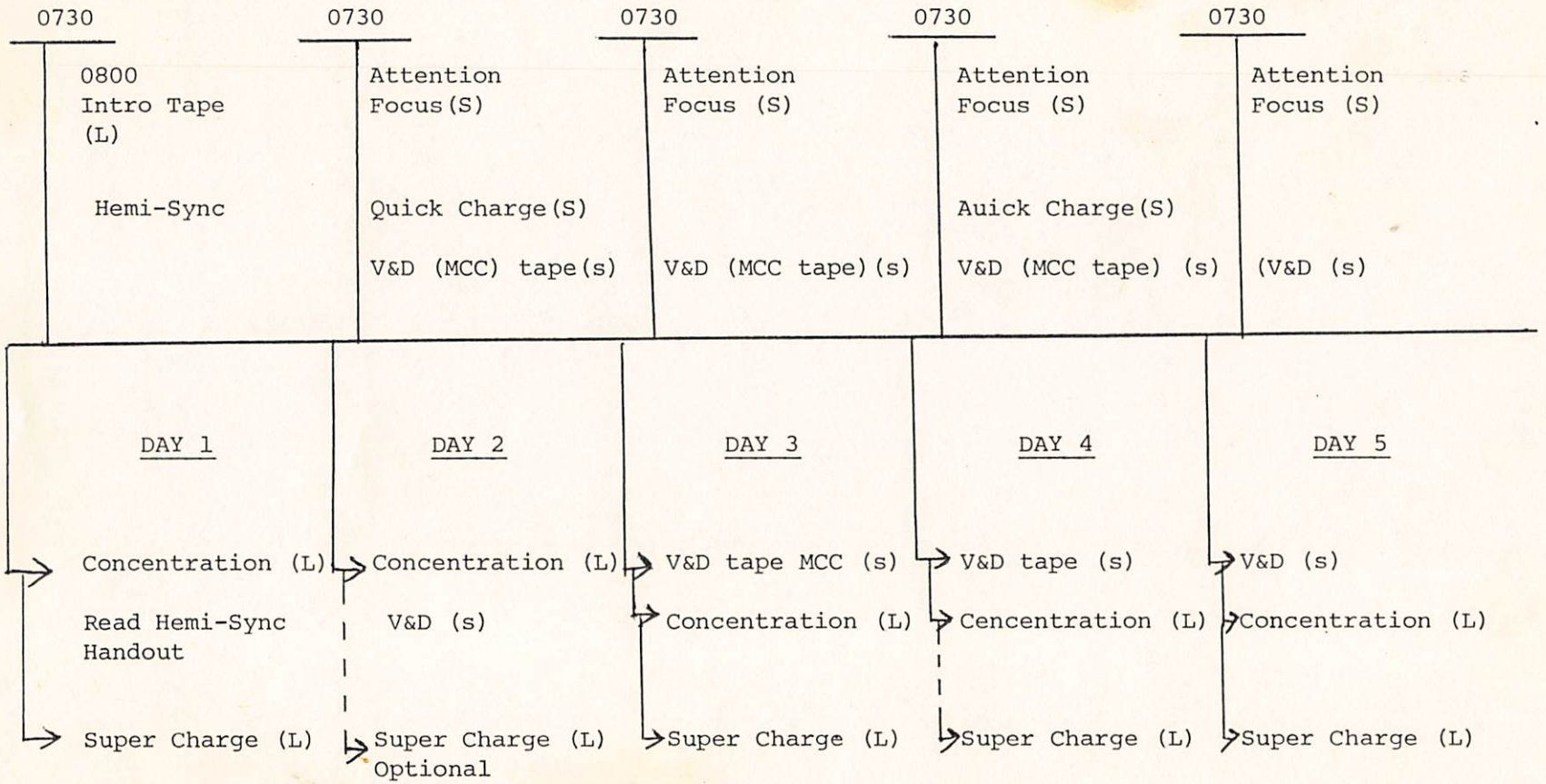
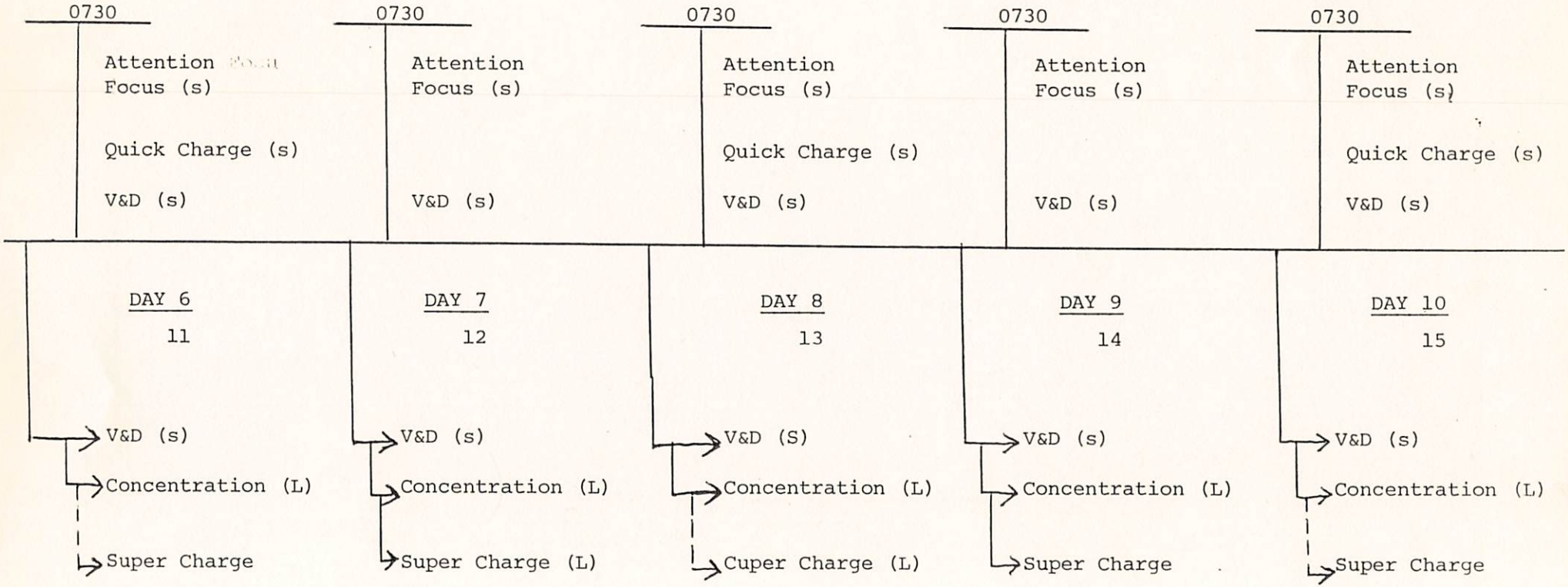
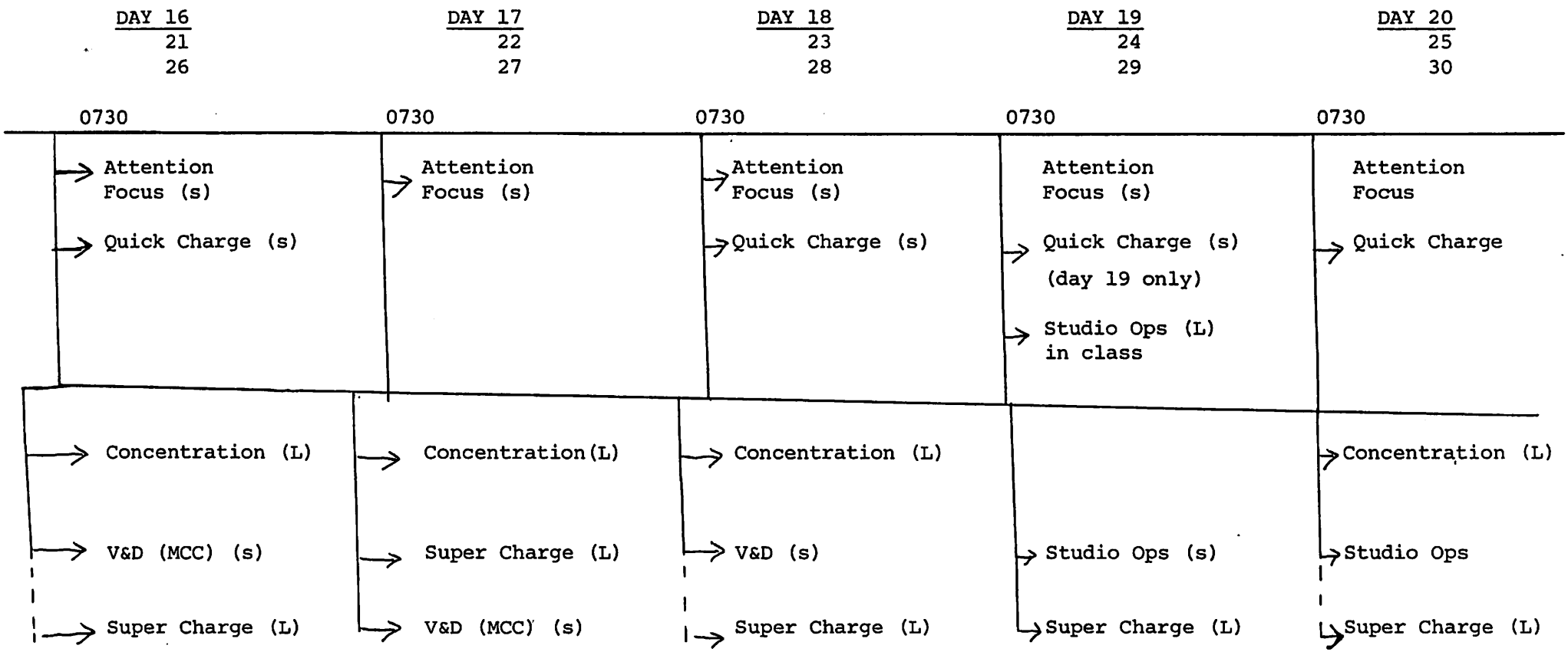
WEEK 1 CORE (V&D)



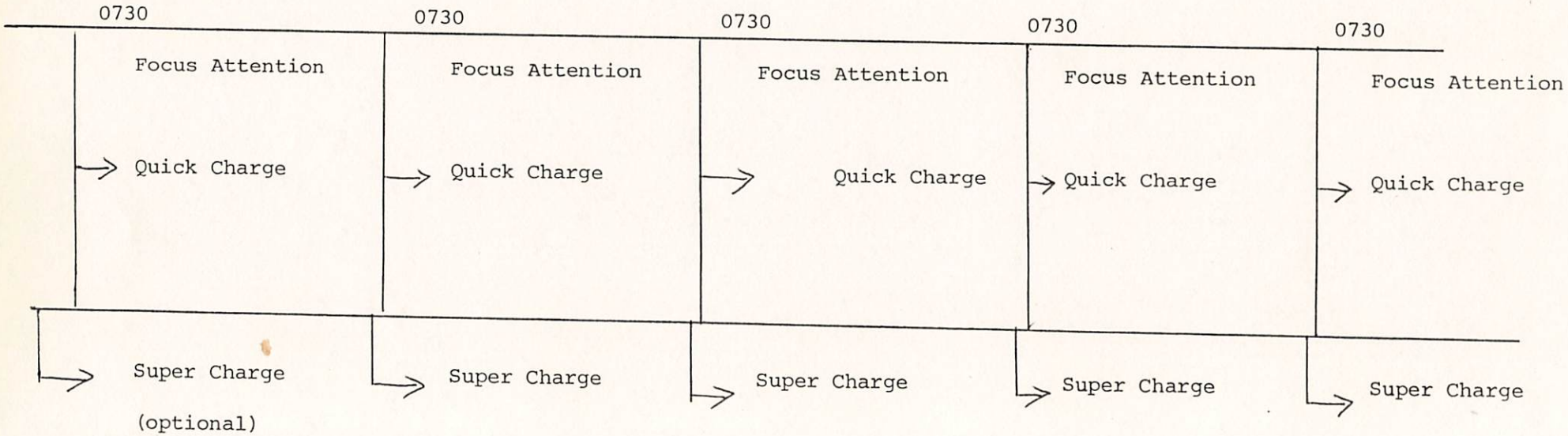

0730
Attention Focus (s)
Quick Charge (s)
V&D (s)
0730
Attention Focus (s)
V&D (s)
0730
Attention Focus (s)
Quick Charge (s)
V&D (s)
0730
Attention Focus (s)
V&D (s)
0730
Attention Focus (s)
Quick Charge (s)
V&D (s)
DAY 6
11
V&D (s)
Concentration (L)
Super Charge
DAY 7
12
V&D (s)
Concentration (L)
Super Charge (L)
DAY 8
13
V&D (S)
Concentration (L)
Cuper Charge (L)
DAY 9
14
V&D (s)
Concentration (L)
Super Charge
DAY 10
15
V&D (s)
Concentration (L)
Super Charge

WEEK 4-5-6 RADIO SKILL



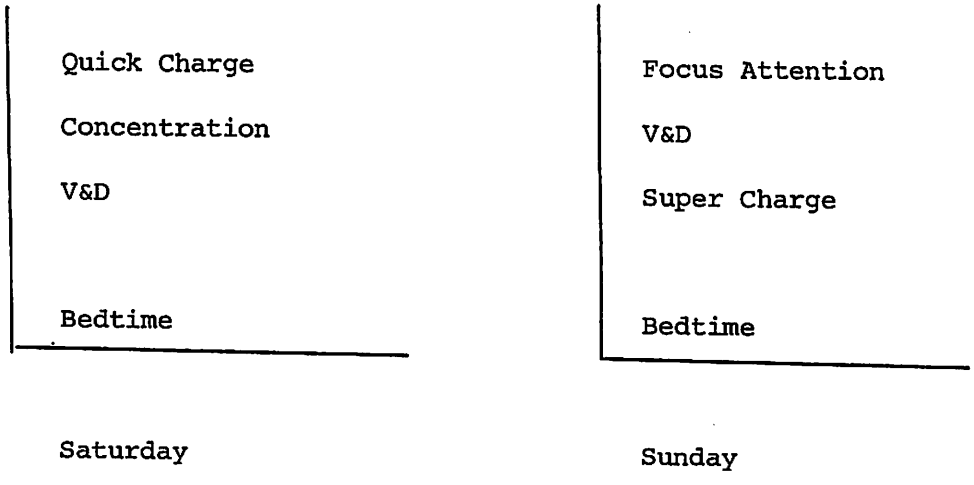
WEEKS 7-8-9-10 (not full week)

Day 31	DAY 32	DAY 33	DAY 34	DAY 35
36	37	38	39	40
41	42	43	44	45
46	47	48	49	

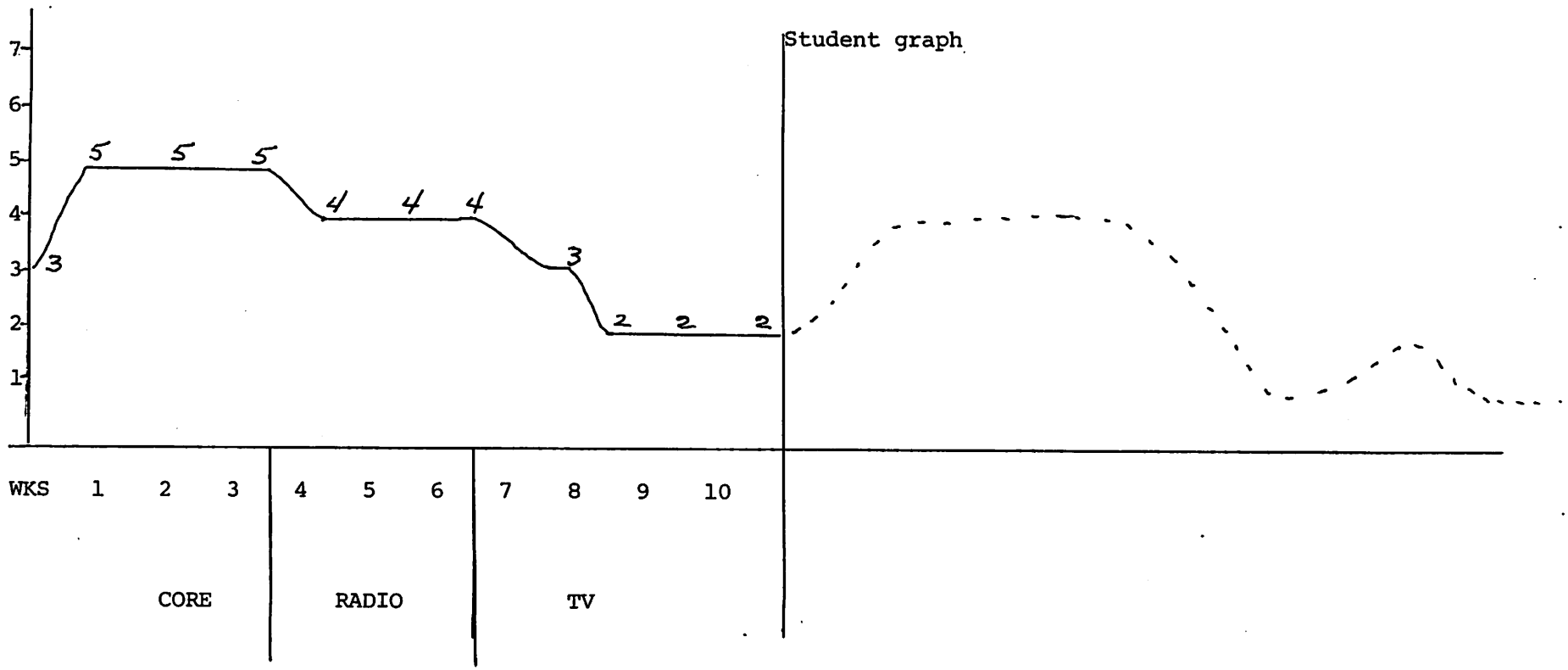
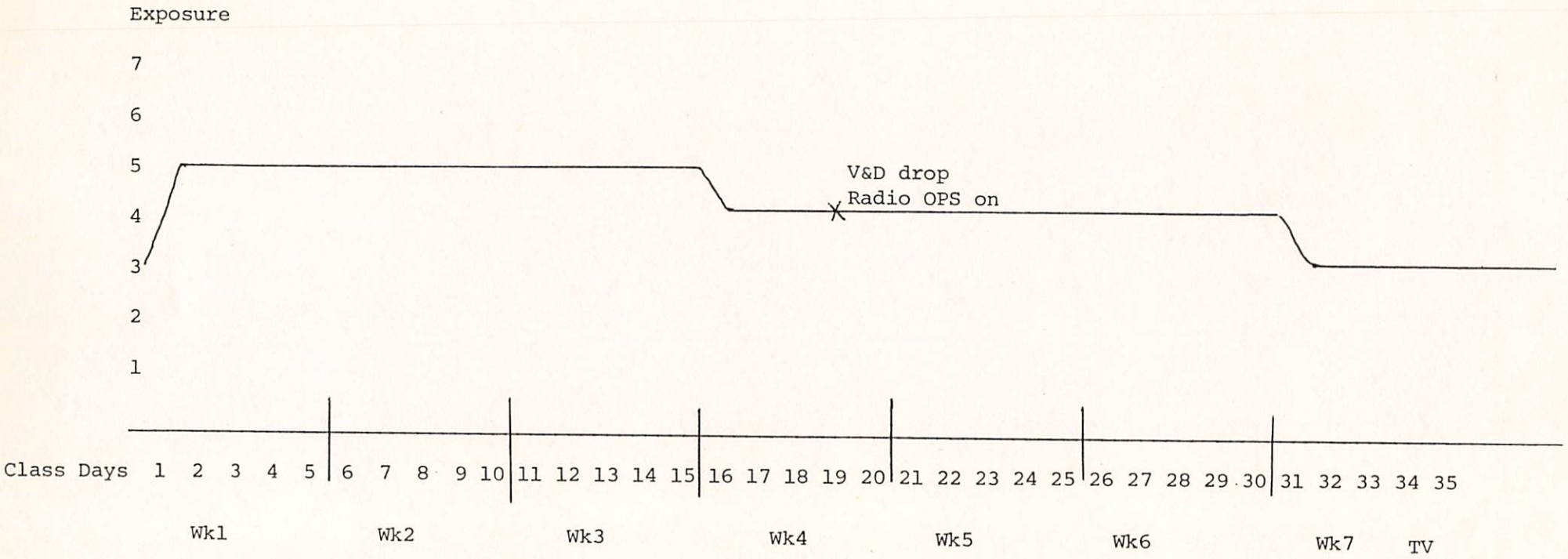


WEEKENDS

Week 1-6



MIN. EXPOSURES REQUIRED



7 WEEK GRAPHIC